(Breakthrough, Fall 1988)

This quarter's issue of BREAKTHROUGH offers our Professional Membership an update on the six projects initiated at The Monroe Institute's (TMI) Fifth Annual Professional Seminar of August, 1987. We salute the project leaders and groups who have devoted their time and effort to furthering the Professional Membership's mission of exploring and expanding the applications of Hemi-Sync technology.

LIFE TRANSITIONS UPDATE

by Project Leader Ruth Domin

Our group's purpose remains the same as it was last year: to develop and test a package of Hemi-Sync® tapes which will facilitate transitions from one stage or condition of life to another and finally transform the experience of passage beyond life as we know it.

We wanted to provide data for this report. However, our activities resemble a tenuous beachhead—we've dug in, but progress is slow and uneven. We're still in the process of establishing dependable contacts among target populations and developing protocol for use of the tapes. We are working in various ways with groups and individuals in homes, institutions, and community-based agencies. Our report centers around these activities.

Since our group is international in character, I will begin with Kevin Scott-Carroll in Allauch, France, and move westward. We are not aware of Kevin using Hemi-Sync tapes with patients/clients. However, he follows our progress and writes that he may have something to contribute later this year.

In April, Jill and Ronald Russell of Cambridge, England came to visit me in Chattanooga. We had a long talk about their group work and their plans to offer an 8-week course in the Fall. Jill works in a 1,000 bed hospital in Cambridge, where she says the hospice project is slow, but she has a "toe in the door." She is placing a friend and therapist in hospice and is taking her through the Monroe tapes. "Word spreads slowly but surely," she says. "I'm ready to go when the time is right."

Ralph Wiggins in Richmond, VA, is designing a program for Alzheimer's caregivers. He, too, is working in a group setting along with seeing individual clients in his clinical psychology practice. He is presently preparing a separate report on his use of METAMUSIC tapes.

Harry Shay set out to find an AIDS support group, which he did. By Fall of 1987, he was visiting PWA's (persons with AIDS) twice a week in a Hollywood, FL hospital. He also had three PWA "buddies" whom he worked with individually. He introduced the *GATEWAY*

EXPERIENCE tapes to one PWA who was especially creative. At that time, Harry reported, “He loves it and is doing affirmations and visualizations in *Freeflow 10*.”

However, these initial contacts have since met with obstacles and Harry is no longer with the AIDS support group. Nevertheless, he continues to work with one PWA and two patients with other illnesses, offering them tapes that meet their needs and collecting data on the effectiveness of the tapes. This data will be part of the group report at a later date.

At Hospice of Chattanooga, where I work, two pilot *Transitions* tapes have been developed with the help of a hospice patient. The first one, voiced by Bob Monroe, is designed for transitions in general and is being used by hospice patients as well as people experiencing various other transitions. The second tape, designed more specifically for hospice patients, has been scripted and is presently being developed.

A group of physicians, nurses, social workers, biofeedback specialists, and hospice support practitioners has formed in Chattanooga with three ideas in mind: we start with ourselves and become aware of our own reactions to the tapes; we monitor the tapes when used by patients/clients; and we meet regularly to listen to tapes, discuss our reactions, and talk over our uses of the tapes with clients/patients.

In Memphis, TN, Carolyn Sullivan found a need to set the stage when using tapes as therapy. She gave tapes to a heart attack patient, but did not have the opportunity to prepare him for their use. “They were of immense benefit to him,” she says. “However, I think they scared him.” She reports the oncologist she planned to work with has been “lost to followup.” “I feel I have failed to achieve my goals in our group; yet I realize it is part of my process and that I should be patient and aware of whatever opportunity arises.” Carolyn’s next step is to work with a hospital-based hospice group in Memphis.

Brenda Williams in Alabama and Bay Stockton in California are enthusiastic supporters of the project. Although they are not presently offering tapes to patients, Bay gave the *Transitions* tape to Liana Baldwin, director of the hospice component of the Visiting Nurse Association in Santa Barbara. Liana writes that she is introducing it to staff and volunteers.

Sandra Yuck in Hong Kong is in contact with Lucy Chung, Coordinator, Society for the Promotion of Hospice Care, Ruttonjee Sanatorium. As this report is being written, we have not had word from Sandra or Lucy on use of Hemi-Sync tapes with patients in Hong Kong.

Group Members: Ruth Domin, Ronald and Jill Russell, Kevin Scott-Carroll, Harry Shay, Bayard Stockton, Carolyn Sullivan, Ralph Wiggins, Brenda Williams, Sandra Yuck.

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